



# City of Carlsbad Parks & Recreation *Safety Training*

## AMERICAN RED CROSS Lifeguard Academy

### Become a Lifeguard for the summer:

- Lifeguarding is an exciting and rewarding job.
- Employment opportunities will exist at the Monroe Street Pool for summer 2013.
- The Academy is designed to provide qualified participants with certifications above and beyond the requirements for a pool lifeguarding position.
- Graduates receive American Red Cross Certifications in: Lifeguard Training; Cardiopulmonary Resuscitation for the Professional Rescuer (CPR-FPR); Title 22 First Aid for Public Safety Personnel; Automated External Defibrillation (AED) Essentials; and Oxygen Administration for the Professional Rescuer.

**Prerequisites:** Must be at least 15 years of age and have the ability to swim 300 meters continuously, using front crawl and breaststroke; swim 20 m, surface dive to a depth of 10 feet, retrieve a 10 pound brick, return to the wall with the object and exit the pool in 1:40 or less.

**Fee:** \$220 with a \$20 discount for Carlsbad residents.

<b>Schedule:</b>	<b>Date:</b> Tuesday, January 8, 2013	<b>Time:</b> 6:00 p.m. – 9:15 p.m.	<b>PRE-COURSE SWIM TEST</b>
	<b>Date:</b> Thursday, January 10	<b>Time:</b> 6:00 p.m. – 9:00 p.m.	
	<b>Date:</b> Saturday, January 12	<b>Time:</b> 8:00 a.m. – 12:00 noon	
	<b>Date:</b> Tuesday, January 15	<b>Time:</b> 6:00 p.m. – 9:00 p.m.	
	<b>Date:</b> Thursday, January 17	<b>Time:</b> 6:00 p.m. – 9:15 p.m.	
	<b>Date:</b> Saturday, January 19	<b>Time:</b> 8:00 a.m. – 12:00 noon	
	<b>Date:</b> Tuesday, January 22	<b>Time:</b> 6:00 p.m. – 9:00 p.m.	
	<b>Date:</b> Thursday, January 24	<b>Time:</b> 6:00 p.m. – 9:15 p.m.	
	<b>Date:</b> Saturday, January 26	<b>Time:</b> 8:00 a.m. – 12:00 noon	
	<b>Date:</b> Tuesday, January 29	<b>Time:</b> 6:00 p.m. – 9:00 p.m.	
	<b>Date:</b> Thursday, January 31	<b>Time:</b> 6:00 p.m. – 9:00 p.m.	
	<b>Date:</b> Saturday, February 2	<b>Time:</b> 8:00 a.m. – 12:00 noon	
	<b>Date:</b> Tuesday, February 5	<b>Time:</b> 6:00 p.m. – 9:00 p.m.	
	<b>Date:</b> Thursday, February 7	<b>Time:</b> 6:00 p.m. – 9:15 p.m.	
	<b>Date:</b> Saturday, February 9	<b>Time:</b> 8:00 a.m. – 12:00 p.m.	
	<b>Date:</b> Tuesday, February 12	<b>Time:</b> 6:00 p.m. – 9:15 p.m.	
	<b>Date:</b> Thursday, February 14	<b>Time:</b> 6:00 p.m. – 9:15 p.m.	
	<b>Date:</b> Tuesday, February 19	<b>Time:</b> 6:00 p.m. – 9:00 p.m.	
	<b>Date:</b> Thursday, February 21	<b>Time:</b> 6:00 p.m. – 9:00 p.m.	
	<b>Date:</b> Saturday, February 23	<b>Time:</b> 8:00 a.m. – 12:00 p.m.	

*Don't miss this program - sign up today!*

Monroe Street Pool • 3401 Monroe St., Carlsbad, CA 92008  
TEL 760-602-4685 • WEB [www.carlsbadca.gov/parksandrec](http://www.carlsbadca.gov/parksandrec)

